



OF GREATER ST. LOUIS

CONNECTIONS

Volume 61

Official Newsletter of the Greater Saint Louis District of Cocaine Anonymous

June, 2011

Meditation Writings Needed!



by Vicky M.

How would you like to become a *permanent* part of C.A.? No, I'm not referring to your status as a member, because everyone knows we can only do that one day at a time, and sooner or later, we all kick the bucket! I'm talking about writing a page for our first ever Cocaine Anonymous meditation book.

For literally YEARS now, C.A. has been soliciting members to submit a meditation with the intent of assembling a daily reader that is ours alone, specifically geared toward our fellowship; and yet, we still don't have 365 quality/appropriate writings.

I'm headlining this in our newsletter now because I was recently invited to join the committee at the World level that is trying to get this project moving. It's actually a sub-committee of the World Service Literature, Chips & Format Committee, which is chaired by none other than our own Missouri Delegate and strong local C.A. supporter, **Jeannette J.** My job on the Meditation Book Sub-Committee is that of "reader." Here's how it works. Someone writes a proposed meditation reading for the book and sends it in. The piece is assigned a number to identify it anonymously, and then several "readers" rate the submission on appropriateness for inclusion in the finished publication.

The reason this project has stalled out is that, to date, we are FAR short of the 365 needed writings to complete a full year's worth of pages. One of the biggest problems is that the submissions aren't following the format to be used (see example below). We've received hundreds of writings that are either personal essays or poetry—very well written—but inappropriate for use in this forum.

Please consider putting together a meditation today. Pick a topic. Pray about it. Use the format illustrated below. Including a related quote from C.A. literature (pamphlets, "Hope, Faith & Courage" story books, Big Book or Twelve Steps & Twelve Traditions book) and a thought for the day will increase your chances of being chosen.

SAMPLE

February 7th

Sharing

"What we failed to do alone, we can do together."

(Tools of Recovery)

SAMPLE

We share our experiences at meetings because it helps us to stay sober. By sharing, we express our love for others who might be having the same difficulties and joys we have had. It helps us all to understand we are not alone and that we have common situations we work through on a daily basis.

Thought of the Day

I will share my experience today so that others may take comfort in the knowledge that others have been there and done that. I will share my experience today in the hope someone will help me. I will share today to bring us together.

Other than cited quotes, each submission must be the author's original writing. Length should be approximately 250 words or less. Each submission also requires a properly executed release (blank copy included in this newsletter page 3). You may send your submission(s) and release via e-mail to submissions@ca.org or by regular mail to: CAWSO, Inc., Attention: LCF Committee, 21720 South Wilmington Avenue, Suite 304, Long Beach, CA 90810-1641.

Be a part of C.A. history. Have **YOUR** meditation included in the first ever C.A. daily reader. Think of all the countless addicts you may help in the future. What could feel better than knowing you played a part in carrying our C.A. message forward so that others may continue in our footsteps?!!

BOWLING EVENT SCORES BIG IN FUN AND FUNDRAISING



by Vicky M.

On April 9, our first ever Scotch Doubles-Blind Draw bowling event made its debut with a bang! Twenty-four eager contestants showed up and paid their \$10 to roll for a chance at some fabulous prizes. Teams of two were picked at random from a hat (thus the “blind” draw!), so you didn’t know if you were going to get the best bowler in the house or the worst; but either way a good time was guaranteed for all!

Every team got to play four games of bowling. One team member would throw the first ball each frame with the other teammate picking up the spare. Bowlers switched the order back and forth each game so both players got a chance at rolling first and second. A healthy spirit of competition sprung to life—but good sportsmanship prevailed with everyone encouraging each other to do their best and, above all, have fun!

The four teams who scored the highest (total score for four games), as well as the last place team, all received some great prizes which were donated by fellowship members. Following are your winners:

<u>Finishing Position</u>	<u>Team</u>	<u>Total Score</u>	<u>Prize Awarded to Each Bowler</u>
1 st Place	Dennis D. & Michael M.	612	\$40 Restaurant Gift Card
2 nd Place	Hawatha D. & Jim L.	600	\$20 Book Store Gift Card
3 rd Place	Chad & Linda M.	523	\$10 Restaurant Gift Card
4 th Place	Kyle M. & Monte T.	515	\$5 Coffee Shop Gift Card
Last Place	Ethan M. & Joy L.	252	\$5 Cash Back

Adding to the day’s fun and the event’s profitability was a 50/50 raffle, won by **Laura J.** who GENEROUSLY donated her winnings back to the fellowship. Thanks, **Laura**, you’re the greatest!!!!

Cup auctions have become a familiar fixture on the C.A. front. This is where we have a bunch of fabulous merchandise (i.e., shirts, books, jewelry, household items—all donated by fellowship members), and folks purchase raffle tickets to place in the “cup” in front of the gift they wish to win. Our bowling event cup auction was no disappointment (we even had a bowling ball complete with case up for grabs!). Many of those people who did not win a prize on the bowling lanes went home with a very nice cup auction item.

All of the above, combined with a scrumptious bake sale on-site at the bowling alley, generated a whopping \$229.59 for our Saint Louis District treasury. A highly successful event in every aspect!

We appreciate everybody who showed up to participate in this very unique fellowship activity and are certain that next year’s installment (already in works!) will draw twice as many competitors. It’s good, CLEAN fun, so be sure you don’t miss it the next time around.

Staying Connected

Our local Saint Louis Cocaine Anonymous Hotline (314/361-3500) is answered 24 hours a day by volunteer members of our fellowship. It’s a fabulous resource for anyone feeling squirrely—pick up the phone—NOT THE DRUG!!!

Staying Connected

The Missouri Area website (www.camissouri.org) has lots of helpful information, including a link to the C.A. World Services pages. Here, you can not only learn many things about C.A. and their upcoming events, but you can also be directed to one of our on-line meetings, accessible anytime, anywhere you have a computer.

DISTRICT DONATIONS

Meeting Name	Feb 2011	March 2011	April 2011	May 2011
Come & Get It	\$25			
End Of The Line	\$23.10	\$.71	\$11.25	
Fried Pipers & Cocanuts	\$15.02	\$25	\$30.15	
In The Light	\$5	\$10		\$10
Men's Meeting	\$62.75		\$26.25	
Serenity On Saturday		\$10		
There Is A Solution	\$2			
The Thursday Night Meeting		\$27.30		

H & I CAN DONATIONS

Meeting Name	Feb 2011	March 2011	April 2011	May 2011
Serenity On Saturday		\$9.55		

The Editor apologizes, but full figures for the H & I can donations were unavailable at the time this newsletter went to print. We will report the missing figures in the next issue of Connections!

Detailed financial information is available at our monthly business meetings. All C.A. members are welcome and urged to attend if possible.

The Greater Saint Louis District Central Service meeting is held the second Sunday of each month at 4:00 PM at the 212 Club, 204 West Pittman, O'Fallon, Missouri 63366. If the second Sunday falls on a holiday weekend, this meeting is held the first or third Sunday. Confirmed meeting dates are always available on our website www.camissouri.org. Directions—Take I-70 west to Exit 217 Highway K. Go Right on Main Street off the exit ramp. Go .3 mile to left on Pitman. Facility on the left.

The Hospitals & Institutions Committee takes meetings into facilities where addicts cannot get out to attend a meeting on their own. H & I volunteers are constantly needed and should express interest by attending a District Central Service meeting or contacting the H & I Chair, Laura N. at 636/577-4760.

(See Article on Page 1 This Newsletter) **TRANSFER AND ASSIGNMENT OF ALL RIGHTS, TITLE AND INTEREST IN ORIGINAL LITERARY WORK AND ACKNOWLEDGEMENT OF ORIGINALITY**

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Signature: _____

Date: _____

Name (please print): _____

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Phone number: _____

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Connections is a quarterly publication published by the Greater Saint Louis District of Cocaine Anonymous. It is intended solely to provide information for the fellowship of Cocaine Anonymous. We hope to communicate the experience, strength, and hope of C.A. members, reflecting recovery, unity, and service, within the bounds of friendliness and good taste. This Newsletter presents experiences and opinions of Cocaine Anonymous members. Those opinions expressed herein are of the individual contributors and are not to be attributed nor taken as an endorsement by Cocaine Anonymous, Cocaine Anonymous World Service Office, Inc., Greater Saint Louis District of Cocaine Anonymous, or Connections. The editors reserve the right to edit any submissions in adherence to the Twelve Traditions of Cocaine Anonymous. If you would like to know more about Cocaine Anonymous, the Twelve Steps and the Twelve Traditions, please write and ask for C.A. World Service Conference approved literature at CAWSO, 3740 Overland Avenue., Suite C, Los Angeles, CA 90034; e-mail to info@CA.org or fax to (310) 559-2554. Contact C.A. by phone at (310) 559-5833. Also note that the C.A. World Service Office web page is www.ca.org. This publication and all its contents are copyrighted by the Greater Saint Louis District of Cocaine Anonymous. Any unauthorized duplication or publication is prohibited.

"In the spirit of Tradition Six, C.A. is not allied with any sect, denomination, politics, organization or institution."



Happy Birthday

Congratulations to each of our members who celebrated a sobriety milestone this issue. Birthdays are generally reported via your group GSR, so if you don't see your meeting/birthday listed, please check with your GSR. Or, you can contact the Editor directly. Birthdays printed are those that have already been celebrated since the last newsletter printing at the time this edition went to press.

Serenity On Saturday

Saturday 1:00 PM
Harris House

Michael G.	30 Days
Wes C.	30 Days
Bill M.	60 Days
Kelly	60 Days
Norm M.	90 Days
Tim C.	90 Days
Beatrice W.	6 Months
Douglas M.	6 Months
Jim T.	1 Year
Donna R.	15 Years
Victoria M.	21 Years

Men's Meeting

Saturday 6:00 PM
Saint Mary's Hospital

Matt R.	9 Years
Wilbur B.	24 Years

Fried Pipers & Cocanuts

Wednesday 6:45 PM
First Unity Church

Heather M.	30 Days
Dan F.	60 Days
Angie B.	90 Days
Melissa J.	90 Days
Dave M.	6 Months
Neil M.	9 Months
Brian C.	1 Year
Laura J.	1 Year
Steve J.	1 Year
Kelly C.	2 Years
(In November, 2010--sorry we missed you last newsletter! Don't be nursing a resentment . . . sponsors just aren't perfect.)	
Kyle M.	3 Years
Mark B.	3 Years

There Is A Solution

Friday 8:30 PM
Coffee House

Jamie	30 Days
Jeremy	30 Days
John	30 Days
Krystal	30 Days
Christina G.	3 Months
Jim T.	9 Months
Steve W.	9 Months
Michael H.	18 Months
Todd R.	3 Year
Glen F.	5 Years

End Of The Line

Sunday 5:30 PM
Blessed Hope Bible Church

Rena M.	5 Years
Linda S.	7 Years
Wardell K.	8 Years
Allen B.	9 Years
James M.	10 Years
Donna Y.	14 Years
Gerald R.	14 Years
James	14 Years

Saint Louis District News



SNIPPITS



- On June 21, we are having a unity event—C.A. goes to the baseball game!—Cardinals VS Philadelphia Phillies, game time 7:15. Half price seats for \$10 each are limited and *may* be sold out by the time of this printing, but call Jim L. to see if you are interested—314/640-6788.
- The Wednesday Fried Pipers & Cocanuts Meeting has moved their meeting start time from 6:45 to 7 PM.
- After taking this year off, the Missouri Area is planning an area convention in Kansas City for August, 2012. Many volunteers will be needed, so plan now to help out!
- Don't forget about our ongoing District fundraiser of collecting & recycling your unused cell phones. We get cash back for EVERY phone, regardless of whether it is working or not. Please don't include accessories (chargers, earphones, etc.). Give phones to Vicky M. (314/846-2346).
- The new Serenity on Saturday 1 PM meeting at the Harris House is doing well! It's unique format of alternating between a step-speaker and a C.A. literature study is proving to be quite popular. Stop in soon to check out this magnificent new addition to our meeting line-up.
- Hotline phone slots are available and volunteers are particularly needed on Thursdays and Fridays during the day. Contact Laura N. (636/577-4760) to get the details of what is entailed. All you need is a cell phone and four months of continuous sobriety.